SUMMER 1988

THE MONROE INSTITUTE BULLETIN

RT. 1, BOX 175, FABER, VA. 22938 • (804) 361-1252

MEET THE OFFICE STAFF

You all know Robert Monroe, the founder and Executive Director of the Institute - but do you know the rest of our employees at the office?

The TMI office staff has grown considerably within the last couple of years to meet the increasing interest in our programs and activities. To help you direct your calls and letters to the Institute, the BULLETIN is pleased to introduce the staff:

Joan Atwater is our Data Base Coordinator. She is responsible for keeping the mailing list current and all other cumputer operations and data base entry. Joan is "the fingers behind the computer".

Cindy Bergum, Sales and Memberships Director, maintains the Gateway Experience, Sustaining and Subscription memberships. She also handles telephone and mail orders with Kaye Thompson and assists with telephone reception.

Shirley Bliley, H-PLUS Coordinator, is the contact person for most all HUMAN-PLUS project areas, including the H-PLUS Therapist project, home course and Fellowship program. The H-PLUS residential program registration is handled by our Program Registrar, Helen Warring.

Marie Coble is our Receptionist and Jill-of-all Trades. In addition to handling the switchboard, Marie coordinates special projects such as the "Talent Search", organizing lab information and assists other departments.

Teresa Critzer, Office Manager and Projects Assistant, is responsible for program logistics in the Professional Division and Gateway Outreach, handles our Product Distributor accounts, and develops and implements office procedures (see "TMI Employee Promoted", this issue).

Ria Ericson provides clerical support with bookkeeping and assists with general inquiries. Ria also handles tape sales at Gateway Voyage, Guidelines and H-PLUS programs.

Leslie France, Projects Director, is responsible for the development and management of the Professional Division and Gateway Outreach programs and our TMI BULLETIN and BREAKTHROUGH. She is also assistant to the Director.

Nancy McMoneagle, Director, is responsible for operations, development and administration of all programs and services.

Phil Miller, Comptroller, handles all accounting and bookkeeping functions including preparation of financial statements and reporting, payroll and account maintenance.

David Mulvey, Director of Programs, is responsible for the development and management of the Gateway Voyage, Gateway Weekend, Guidelines and H-PLUS programs. David also provides technical support, and writes and edits for the TMI BULLETIN and BREAKTHROUGH.

Dan Reynolds, Director of Marketing (see "TMI Appoints Marketing Director", this issue) is responsible for the development and implementation of marketing and promotion for TMI and Interstate Industries, Inc.

Kaye Thompson, Shipping Clerk, handles the packaging and shipping for all telephone and mail order sales. Kaye also works with Cindy to process incoming orders and assists with telephone reception.

Helen Warring, Program Registrar, is responsible for coordinating registration and logistics for all on-site Gateway Voyage, Guidelines and H-PLUS programs. Helen is also personal secretary to Bob Monroe and Nancy McMoneagle.

TMI APPOINTS MARKETING DIRECTOR

We are pleased to announce the appointment of B. Dan Reynolds as our Director of Marketing.

Dan received his MBA in marketing from the University of Missouri and is bringing to the Institute his experience and expertise as the former marketing director and product manager of Phi Technologies in Oklahoma City, OK. Additionally, Dan has to his credit over 14 years diversified experience in manufacturing, distribution, retail and service operations.

The Director of Marketing position represents a new direction for the Institute in terms of more extended outreach to the public. We are proud to have Dan as a member of our staff and anticipate his contribution of creative ideas for the further expansion of our programs, products and services.

TMI EMPLOYEE PROMOTED

TMI is pleased to announce the promotion of Teresa Critzer to the position of Office Manager beginning June 1, 1988.

Teresa came to TMI in June of 1987 as Projects Assistant and has played an instrumental role in the development of the Professional Division, Gateway Outreach program, and administrative processes. She has demonstrated finely developed organizational skills and a strong commitment to the Institute. In addition to her Projects Assistant functions, as Office Manager, Teresa will assume responsibility for administrative policy recommendation and implementation and human resource development.

We extend our thanks to Teresa for her contributions this past year and look forward to those in the coming years.

FEEDBACK

We at TMI enjoy sharing with readers of the "BULLETIN" ways in which people have used Hemi-Sync to make positive changes in their lives.

"Reset" on Trial

William H. Georges, Esq. writes:
"Early one morning, while dealing with energies and energy systems, alleged to be of some benefit to me and the other prospectors of WAVE VI, I noticed the tingling of alertness when the postman dropped off the envelope containing the H-PLUS "Reset" tape.

My old joy was replaced by increasing enthusiasm over the next several mornings as I "Prepped" and "Reset," and as I began preparing for the courtroom where I apply my skills and craft as a trial attorney.

Over the past 20 years I have come to know that when a witness testifies to the 'truth' (as their experience might be), there is always a silence that occurs, during which everyone present feels, knows, and sees that same truth as they are hearing it from the lips of the witness.

The sensorium crossover can become overwhelmingly ecstatic as the communication passes between the active and passive participants, regardless as to whether an individual mode may be visual, auditory, or kinesthetic.

Over the past 20 years of group work and intensives which I have done I have always looked for tools to overcome the brain blocks and attention dissipations, which cloud most jurors' abilities, and that cause the attention span to drift towards the 'couch potato' level of listening. After several mornings with the "Reset" H-PLUS tape I'm noticing an increasing ability to not only clear myself but also to create a collective subconscious energy 'push' bringing about a transference of the level of alertness between myself, my witness, and the audience. If "Reset" is a preview of the entire series, I can sense the focus and the direction of the next material as it becomes available... and as they say on Home Shopping Channel, 'These will make great stocking stuffers.'"

H-PLUS FOUND EFFECTIVE THERAPEUTIC TOOL

by Shirley N. Bliley
H-PLUS Coordinator

As H-PLUS Coordinator, I'd like to call your attention to the report in the accompanying Summer 1988 BREAKTHROUGH, from Fowler Jones, Ed.D., Associate Professor of Psychiatry at The University of Kansas Medical Center. Fowler Jones and many other members of our Professional Division are engaged in research projects which utilize H-PLUS with their clients. Reports such as this give dramatic evidence of its therapeutic efficacy.

September, 1988 will see the inception of a newsletter devoted entirely to H-PLUS and related topics. In each issue we will explore the underlying philosophy of H-PLUS, publish reports from individuals and professionals who are applying H-PLUS and provide a forum for discussion. Pertinent book reviews are planned along with a look at the lighter side of becoming H-PLUS.

If you are interested in subscribing, please contact me at Interstate Industries, Inc., P.O. Box 130, Nellysford, VA 22958.

QUARTERLY TAPE "COMPANION PIECE"

TMI has been receiving many positive responses from the mailing of the last two quarterly Membership tapes the HUMAN-PLUS (H-PLUS) tapes "Reset" and "Attention". Therefore, we are again distributing an H-PLUS tape to our Membership this quarter. This quarter's H-PLUS tape is a "companion piece" to other H-PLUS tapes.

H-PLUS is a powerful training system designed to cumulatively enhance our abilities to gain and maintain total conscious control of our physical, mental and emotional functions. Unlike the GATEWAY programs, H-PLUS addresses the issues of here and now -- it confronts the challenges of being human. Each tape provides an opportunity to master one aspect of life.

This quarter's tape to our Membership is another sample of the H-PLUS program. Side one contains the H-PLUS "PREP", a unique combination of Hemi-Sync signals which establishes an "access channel" through which the Function exercise may be inserted into your Total Self. To be effective, it is important that you use the PREP before the Function exercise. Eventually, your access channel will automatically open with any new H-PLUS Function exercise without the use of the PREP tape, and use of the PREP tape will become unnecessary.

Side two contains a Function exercise called "RELEASE". RELEASE allows you to "turn off" the effects of any Function currently in use until the next time you need it. RELEASE is an important partner to almost any other Function... allowing you to create a clear distinction between your "normal" state and the H-PLUS state.

Each Function exercise introduces its own "Function Command" which, when used in the course of daily activities, will activate the Function. The Function Command for RELEASE is "Plus - Release." After you begin working with this tape, any time you wish to activate the RELEASE Function, take a deep breath, say to yourself, "Plus - Release" and exhale as if you are blowing out a candle.

The effects of H-PLUS are cumulative. The more you use the Function, the more proficient you become, and the more HUMAN-PLUS you will be. Practice is fundamental to your mastery of any H-PLUS Function because intermittent and non-committal use will dilute its potential.

When listening to this tape, be sure to use stereo headphones in a comfortable environment free from interruptions. This sample tape is provided for your own personal use. Once the Function is firmly in place, we recommend you pass the tape and instructions along to someone who desires and needs it.

Your comments and suggestions are appreciated. For more information contact Shirley Bliley, H-PLUS Coordinator.

GO KUDOS
TRAINER OF THE QUARTER

The TMI BULLETIN is privileged to honor Franceen King as GO Trainer of the Quarter. Franceen has been active in Gateway Outreach since January of 1986 and has made many valuable contributions to the GO program in several capacities.

She is the Director of The Self-Awareness Institute in Lutz, Florida, through which she offers the GO Excursion Workshops, Explorer Meetings, and will soon be presenting H-PLUS-GO, a 2-day HUMAN-PLUS workshop developed for Gateway Outreach. Franceen is intimately involved in the evolution of Gateway Outreach as a trainer of trainers; she has co-presented several GO Trainer Seminars at the Institute and is currently involved with the design and implementation of the H-PLUS-GO Workshop. Her relationship with TMI extends to her participation as a trainer for the Gateway Voyage and H-PLUS Intensives held here in Virginia.

Franceen received her MA in Psychology from Hood College in Frederick, Maryland and is a Licensed Mental Health Counselor providing group and individual therapy and Rebirthing. She makes frequent public appearances as an authority in the field of human wellness and self development.

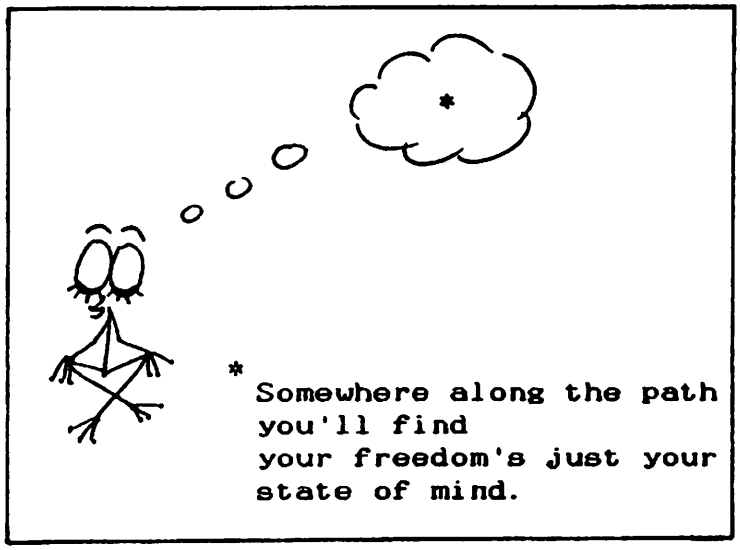
Her expertise also includes Employment Development Specialist, Executive Development Consultant, organizational development, crisis counseling and human resources development.

Franceen's promotion, presentation, and community education as a GO Trainer have made a tremendous impact on the awareness of Hemi-Sync in central Florida. Franceen's commitment to the spiritual self-reliance of her clients and to the value of Hemi-Sync as a tool in that process make her an outstanding GO Trainer. Thank you, Franceen, for strengthening and supporting Gateway Outreach. We congratulate you!

TMI/HEMI-SYNC ARTICLES
(BE ON THE LOOKOUT)

As TMI and the Hemi-Sync technology become more widely known, more magazine and newspaper articles about the Institute and applications of Hemi-Sync are being published. Occasionally, an article has been printed that we would have missed had it not been brought to our attention. We thank the sharp-eyed individuals who have sent us such articles in the past, and ask all of our Membership to be on the lookout for items about Hemi-Sync or the Institute. If you notice an article that you think we may be unaware of, please clip it and send it to TMI.

LIFE LINES S. Bladd



1988 RESIDENTIAL PROGRAMS FILLING FAST

If you've been planning on signing up for a TMI program in 1988, we recommend you consider firming up those plans soon. The demand for spaces in our residential programs at the Institute Center here in Virginia continues to increase. To help meet that demand, we've added another GATEWAY VOYAGE to the '88 schedule (Nov. 12-18). We invite you to call or write TMI for registration information.

The GATEWAY VOYAGE, a 6-day program, offers guidance in attaining, exploring, developing and applying expanded states of consciousness. You will become familiar with Focus 10 (mind awake/body asleep), Focus 12 (expanded awareness), Focus 15 (the state of "No Time"), and Focuses 16-21 (other realities and energy systems.)

Programs available: November 5-11, November 12-18, December 3-9.
Contact: Helen Warring, Registrar.

GUIDELINES, a 5-day program, is available to graduates of the GATEWAY VOYAGE, and assists you in establishing communication with your Super Ego, Total Self, Inner Self Helper (ISH), Guide, Non-Physical Friend or Universal Consciousness.

Programs available: July 10-15, September 25-30, December 11-16.
Contact: Helen Warring, Registrar.

The GATEWAY OUTREACH (GO) TRAINER SEMINAR, a 5-day program, offers training in methods and techniques of providing people in your local area a way to understand, develop, and expand consciousness using the Hemi-Sync technology. The GO SEMINAR includes training in marketing, production and presentation of the 2-day EXCURSION WORKSHOP.

Program available: July 24-29.
Contact: Leslie France, Projects Director, Gateway Outreach.

The H-PLUS INTENSIVE, a 6-day program, provides practical mental tools (called Functions) for a more effective, joyful life here and now, in this physical reality. H-PLUS (for HUMAN-PLUS) includes hands-on training to achieve conscious control of your total self -- physical, mental, and emotional.

Program available: October 22-28.
Contact: Helen Warring, Registrar.

1989 PROGRAM SCHEDULE ANNOUNCED

1989 will be here before we know it. For you busy folks who are already making schedules and filling your date book for next year, here are the dates for TMI's residential programs in '89.

GATEWAY VOYAGE
January 21-27; February 4-10, 18-24; March 11-17; April 1-7, 29-May 5; June 10-16; July 8-14, 29-Aug. 4; August 12-18; September 23-29; October 7-13; November 4-10; and December 9-15.

GUIDELINES
February 26-March 3; May 7-12; July 16-21; and November 12-17.

H-PLUS INTENSIVE
March 18-24; April 15-21; June 24-30; October 14-20; and December 2-8.

GO TRAINER SEMINARS
February 11-16; and June 17-22.

PROFESSIONAL SEMINAR
July 22-27

In addition to our regular residential programs, we are adding a new offering for graduates of the GATEWAY VOYAGE in 1989. **September 3-9** marks the first GATEWAY VOYAGE RETREAT -- an opportunity for graduates get away from it all, join us here in the Blue Ridge Mountains, rest, relax, interact with other GATEWAY grads, and reinforce the experience of Focus 15 - Focus 21.

REACHING OUT EXCURSION WORKSHOPS SCHEDULED

The GATEWAY OUTREACH (GO) program is a network of accredited GO Trainers throughout the United States and other parts of the world, who offer 2-day Hemi-Sync workshops called EXCURSIONS. The EXCURSION allows participants to experience levels of consciousness through Focus 12 -- the state of expanded awareness. Combining taped exercises, group discussion, workbook exercises and short lectures, the EXCURSION provides an opportunity to become familiar with the Hemi-Sync technology and to build a repertoire of tools and techniques which can be integrated into one's daily activities.

The following EXCURSION WORKSHOPS are scheduled for the next few months:

FLORIDA
July 23-24
October 8-9
contact **Franceen King**
813/971-8808

DALLAS, TEXAS
June 18-19
contact **Gini Patterson**
214/361-5550

MARYLAND
July 9-10
contact **Jonathan Bosch**
301/649-5813

PHOENIX, ARIZONA
June 25-26
June 9-August 4 (Thursday Nights)
August 27-28
contact **Mark Carter**
602/971-7165

ALBERTA, CANADA
end of June
contact **Geoffrey Lyford, Sr.**
403/276-5760

BRITISH COLUMBIA, CANADA
August 27-28
contact **Geoffrey Lyford, Sr.**
403/276-5760

ENGLAND
July 29-31
September 23-25
November 25-27
contact **John Perrott**
0252/626-448

NEW GO TRAINERS

In March, 16 individuals came to Virginia to be certified as GO Trainers. These people have begun offering EXCURSION workshops in their communities. If you live near one of these new GO Trainers, and would like to lend your support to their efforts in bringing the Hemi-Sync technology to your area, please write or call them. Congratulations and welcome aboard!

Jonathan Bosch
805 Horton Drive
Silver Spring, MD 20902
(301) 649-5813

Nancy Brunelle
17 West Street
Oxford, MA 01540
(617) 987-3544

Mark Carter
9421 N. Camino Vista Lane
Phoenix, AZ 85028
(602) 971-7165

Allan Clews
C/O Crystal Seas
24 Clarence Street
Ottawa, Ontario
Canada K1N 5P3
(613) 563-7001

Kathleen M. Cusick, Ph.D.
Box 356
Kennebunk, Maine 04043
(207) 985-2534

Eleanore Fitzgerald
805 River Bend Drive
Rochester Hills, MI 48063

Walter (Lou) Kircher
143 Nassau Blvd.
Garden City, NY 11530
(516) 747-7545

Larry Lambertson, M.D.
20302 Ravenwood Land
Huntington Beach, CA 92646
(714) 964-9428

Geoffery S. Lyford, Sr.
207 9th Ave. NE Calgary,
Alberta, Canada T2E 0V5
(403) 276-5760

William (Bill) McBurney
352 Cumberland Street, Ottawa
Ontario, Canada KIN 7J5
(613) 238-2906

Arnold (Arnie) Meyerowitz
760 Toro Canyon Road
Santa Barbara, CA 93108
(805) 969-4136

Beverly Morgan
507 1st Ave.
Bethlehem, PA 18018
(215) 867-9582

Samuel (Clayton) Morgan
3950 SE Hawthorne
Portland, Oregon 97214
(503) 232-3393

Virginia (Gini) Patterson
6048 Park Lane
Dallas, TX 75225
(214) 361-5550

Anna M. Schober, M.D.
20302 Ravenwood Lane
Huntington Beach, CA 92646
(714) 968-7550

Scott Taylor
Box 3642
Mankato, MN 56002-3642
(507) 345-8363

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***Publication Coordinator** - Teresa Critzer*

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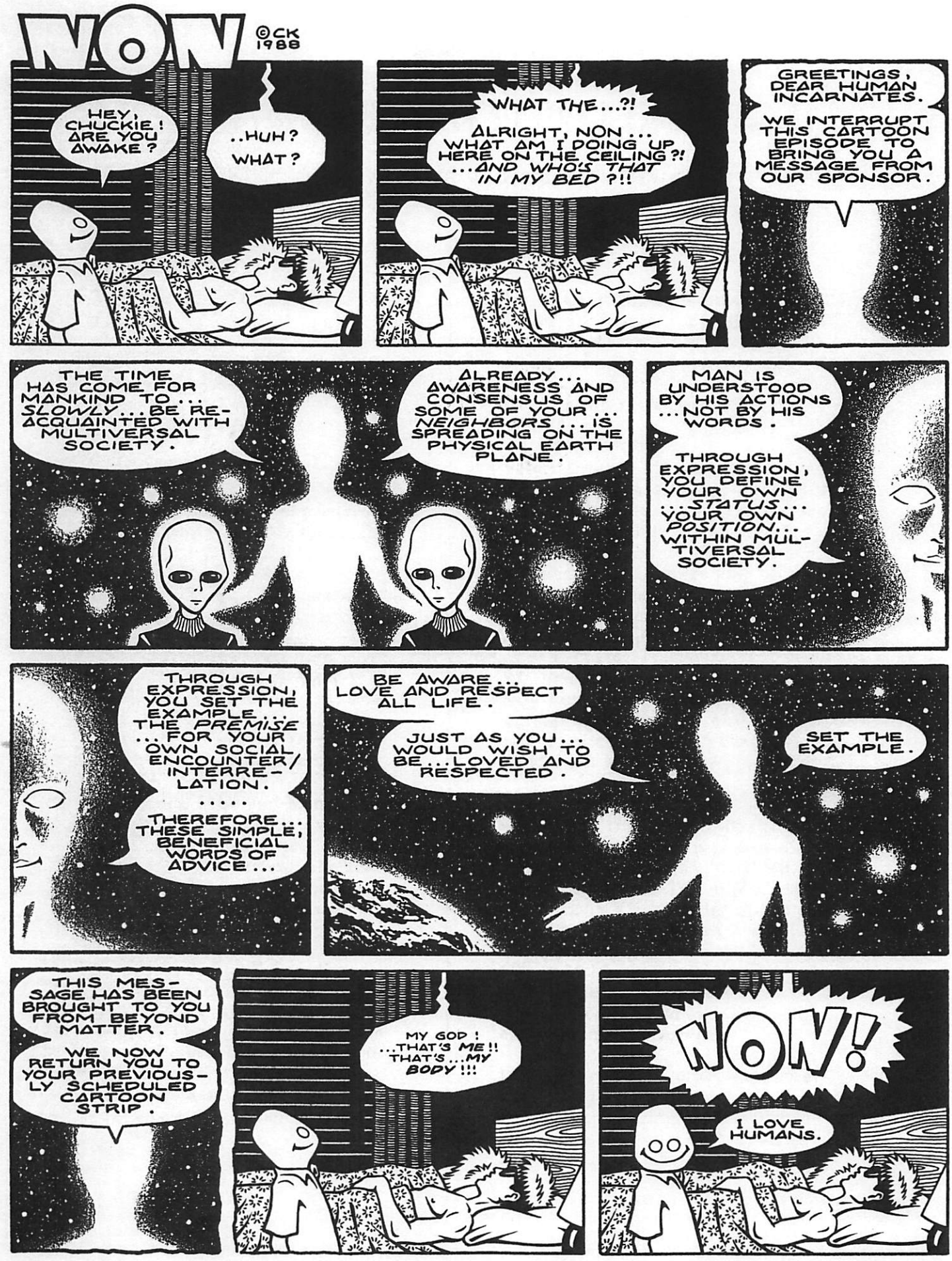
NON
©CK 1988
HEY, CHUCKIE! ARE YOU AWAKE?
..HUH? WHAT?
WHAT THE...?!
ALRIGHT, NON... WHAT AM I DOING UP HERE ON THE CEILING?! ...AND WHO'S THAT IN MY BED?!!
GREETINGS, DEAR HUMAN INCARNATES.
WE INTERRUPT THIS CARTOON EPISODE TO BRING YOU A MESSAGE FROM OUR SPONSOR.
THE TIME HAS COME FOR MANKIND TO... SLOWLY... BE RE-ACQUAINTED WITH MULTIVERSAL SOCIETY.
ALREADY... AWARENESS AND CONSENSUS OF SOME OF YOUR... NEIGHBORS... IS SPREADING ON THE PHYSICAL EARTH PLANE.
MAN IS UNDERSTOOD BY HIS ACTIONS ...NOT BY HIS WORDS.
THROUGH EXPRESSION, YOU DEFINE YOUR OWN ...STATUS... YOUR OWN POSITION... WITHIN MULTIVERSAL SOCIETY.
THROUGH EXPRESSION, YOU SET THE EXAMPLE... THE PREMISE ...FOR YOUR OWN SOCIAL ENCOUNTER/INTERRELATION.
.....
THEREFORE... THESE SIMPLE, BENEFICIAL WORDS OF ADVICE...
BE AWARE... LOVE AND RESPECT ALL LIFE.
JUST AS YOU... WOULD WISH TO BE... LOVED AND RESPECTED.
SET THE EXAMPLE.
THIS MESSAGE HAS BEEN BROUGHT TO YOU FROM BEYOND MATTER.
WE NOW RETURN YOU TO YOUR PREVIOUSLY SCHEDULED CARTOON STRIP.
MY GOD! ...THAT'S ME!! THAT'S ...MY BODY!!!
NON!
I LOVE HUMANS.

TO BE CONTINUED